



ALBERTA LACROSSE ASSOCIATION CORE SKILLS

TYKE

Passing and Receiving	Shooting	Dodging	Fakes/Cradling
<ul style="list-style-type: none"> <input type="checkbox"/> overhand pass <input type="checkbox"/> catch 	<ul style="list-style-type: none"> <input type="checkbox"/> overhand shot 	<ul style="list-style-type: none"> <input type="checkbox"/> face dodge <input type="checkbox"/> introduce roll dodge technique 	<ul style="list-style-type: none"> <input type="checkbox"/> 2 types of cradle – horizontal/vertical <input type="checkbox"/> correct loose ball pick-up technique

Open Floor Defence	Picks, Screens, Cuts	Tactical	Goalies
<ul style="list-style-type: none"> <input type="checkbox"/> defensive body position <input type="checkbox"/> correct placement of stick for place and push 	<ul style="list-style-type: none"> <input type="checkbox"/> jab step <input type="checkbox"/> cut to the ball 	<ul style="list-style-type: none"> <input type="checkbox"/> correct side of floor <input type="checkbox"/> give and go <input type="checkbox"/> face off 	<ul style="list-style-type: none"> <input type="checkbox"/> stance <input type="checkbox"/> angles <input type="checkbox"/> passing